

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – April 2012

If a member checks into the command during an official PFA , what are the rules for conducting the BCA?... The CFL must ensure the BCA and PRT are accomplished within the 10 day requirement. If the PRT date does exceed this requirement, the BCA and PRT is to be conducted during the alternate PFA dates or during a FEP mock PFA, as long as the dates does not exceed the Navy's PFA cycle. Drilling Reservists have up to 31 days to complete the PRT.

In the above situation, what if the PRT date exceeds the 10 day requirement?... If the PRT can't be accomplished prior to the end of the Navy's PFA cycle, due to the medical screening process or other authorized reasons, a BCA is required. A Letter of Correction (LOC) must be submitted to the Physical Readiness Program Office to request "excused" status for the PRT.

Can an example be provided when a PFA MEB is required? ... Yes. Three examples are provided below:

Member A

2 BCA waivers were issued prior to July 11
A curl-up waiver was issued Aug 11
A push-up waiver was issued Feb 12

Eligibility: No. The BCA waivers were issued prior to 1 July 11 and the waivers issued after July 11 do not meet the MEB criteria. Member was only waived from one event.

Member B

A BCA waiver was issued June 09
A cardio waiver was issued August 11
An additional cardio waiver was issued in February 12

Eligibility: Yes. All waivers will be considered since a qualifying waiver was issued after 1 Jul 11 and the member would be eligible under the three in a 4-year period requirement.

Member C

A BCA waiver was granted June 09
2 push up waivers were granted prior to 1 July 11
A BCA waiver was granted Nov 11
A curl-up waiver was granted Apr 12

Eligibility: No. The BCA waivers are not consecutive. However, if the member is granted an additional qualifying waiver in Cycle 2 2012, the member will be eligible under the 3 in a 4-year period requirement.